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| **10F – CED2146 Advanced Foot Care II: Padding and Strapping** | |
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| **INSTRUCTIONAL HOURS:** 10  **RECOMMENDED PRE-REQUISITE(S):** CED1033, CED1034, CED1165  **CO-REQUISITES:** N/A  **APPROVED FOR USE IN ACADEMIC SEMESTERS:** 2010/2011 | |

**COURSE DESCRIPTION**:

*RN or RPN, certificate of completion Advanced nursing foot care, current CNO certificate of registration, professional insurance in the amount of $3 million liability/malpractice (obtained through your nursing association).*

A 10 hour workshop to gain practical knowledge and skills including padding and strapping theory and practice, assessing for and fitting shoes and assessing for and creating appliances to address foot problems. A $15 extra charge per student will follow registration that will be used to cover needed supplies.

**RATIONALE:**

Opportunities for additional knowledge and the practical application of concepts and skills of advanced footcare in a simulated and actual client setting is essential preparation for the RN and RPN to function within the scope of practice as defined in the Regulated Health Professions Act.

COURSE DELIVERY:

The course content **may** be presented through a blend of instructional methods, including lecture, Internet, discussion, independent study, audio/video conferencing and videotape.

**LEARNING OBJECTIVES/OUTCOMES:**

Upon successful completion of this course, the student will be able to:

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|  | 1. | Demonstration of Knowledge of Biomechanics |
|  |  | Potential Elements of the Performance: demonstrate knowledge of the normal biomechanics of the foot/feet |
|  | 2. | Demonstration of Knowledge of Abnormal Biomechanical |
|  |  | Potential Elements of the Performance: demonstrate knowledge of the problems associated with abnormal biomechanical function in the foot/feet |
|  | 3. | Preparation of Custom Devices |
|  |  | Potential Elements of the Performance: prepare a number of custom devices to give temporary relief for conditions including corns, warts, calluses, bunions, overlapping digits, inter-digital corns, metatarsal pain and inflammation |
|  | 4. | Prepare and Apply Devices |
|  |  | Potential Elements of the Performance: prepare and apply a number of devices (paddings and strappings) to give temporary relief to conditions arising from abnormal foot/feet |
|  | 5. | Provide First Aid Management |
|  |  | Potential Elements of the Performance: provide first aid management/care to foot injuries |
|  | 6. | Provide Health Teachings |
|  |  | Potential Elements of the Performance: provide health teaching appropriate to the foot conditions presented |

TOPICS

* Anatomy and physiology of the lower leg and foot (review)
* Biomechanics of the lower leg and foot/feet
* Mechanical stresses affecting foot care function
* Indications and contraindications for the application of paddings and strappings
* Making custom made devices and using pre fab devices including interdigital wedge, tubifoam, corn pads and callus pads and wart medications
* Lab practice

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Lazenby, Cindy (2008). Nursing Foot care Management Manual: Basic, Advanced & Diabetic

Hand Outs and work sheets provided by instructors

Materials and supplies as needed including Otto foam at a cost of $15 per student and purchased from the instructor

**STUDENT EVALUATION**:

Evaluation of learning is guided by the learning outcomes and arrived at conjointly through student/teacher interactions.

Students will:

* Demonstrate beginning skills in lab applications of paddings and strappings
* Successfully complete an in-class test
* Meet the requirement for attendance (10 hours)
* Upon completion of all the course requirements the student will receive a certificate of completion.

At the end of the course the student will receive a final report noting his/her progress in relation to the learning outcomes. Upon completion of all course requirements the student will receive a certificate of completion.

At the end of the semester, the student can access their final grade on their student portal at my.saultcollege.ca. The student’s progress will be recorded using the following grades.

**S** - Satisfactory achievement in field /clinical placement or non-graded subject area.

**U** - Unsatisfactory achievement in field/clinical placement or non-graded subject area

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| Teaching Contact | Juanita Wood Arbus  Monique Lafreniere |
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| Academic Manager Signature | “Laurie Poirier” |

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| NOTICE TO ALL STUDENTS: | We urge you to retain this course outline for future reference. There is a charge for additional copies. |